

Improving student performance by documenting our current subject area practices to identify potential gaps and repetitions in instruction.

Grade Level/Course: 6TH		Subject: PHYSICAL EDUCATION						
Unit 1: SPEEDBALL								
Topics Covered:		Standards Addressed:						
		A	B	C	D	E	F	G
1	Throwing and Catching	2	2	1	1	1	1	1
2	Moving without the ball	3	3	4	2	2	2	2
3	Getting entire team involved		4		3	3	3	3
4	Foot Dribbling and kicking					4	4	4
5	Communication						5	
6	Goalie						6	
7	Athletic Position							
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Unit 2: FITNESSGRAM								
Topics Covered		Standards Addressed:						
		A	B	C	D	E	F	G
1	Introduction: Healthy Fitness Zones, Who sees results	1	4	2	1	1	1	1
2	Cardiovascular Endurance: PACER	2		3	3	2	2	2
3	Flexibility: Shoulder Stretch	3				3	3	3
4	Flexed Arm Hang - Muscular Strength & Endurance	4				4	4	4
5	Body Mass Index (BMI)					5	5	
6	Target Heart Rate Zones						6	
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Unit 3: SWIMMING								
Topics Covered		Standards Addressed:						
		A	B	C	D	E	F	G
1	Review skills from 5th grade: front crawl, back crawl, treading water, floats	2	3	3	1	1	1	1
2	New skill: elementary back stroke	3	4	4	2	2	2	2
3	Swimming Opportunities: Tuesday buck night, Friday night swim, water aerobics, Tigersharks Swim Team			5	3	3	3	3
4	Scuba Diving				4	4	4	4
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Unit 4: BASKETBALL								

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Topics Covered		Standards Addressed:						
		A	B	C	D	E	F	G
1	Skills: Dribbling, Passing, Shooting	2	2	1	1	1	1	1
2	Activities: Macarena Dribble, Lightning, PIG, Shaq Dazzle,	3	3	3	2	2	2	2
3	Starting and playing a game of pick up basketball	4	4	4	3	3	3	3
4	Small sided games tournament: 3v3 / 4v4 at different ability levels				4	4	4	4
5	Hoops for Heart						5	
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Unit 5: DODGEBALL		Standards Addressed:						
Topics Covered		A	B	C	D	E	F	G
1	Skills: Throwing, Dodging, Agility	2	2	1	1	1	1	1
2	Teamwork: Offense Strategy / Defensive Strategy, working as small teams	3	3	3	2	2	2	2
3	Games: Team Raindrop, Medic, Gladiator Ball, Pindown	4	4	4	3	3	3	3
4	Understanding others abilities				4	4	4	4
5	Advanced Techniques						5	
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Unit 6: DANCE AND RHYTHMS		Standards Addressed:						
Topics Covered		A	B	C	D	E	F	G
1	Cha-Cha Slide	2	1	4	1	1	1	1
2	Tinklin	3	2	5	2	2	2	2
3	Line Dance	4	3		3	4	3	3
4	Moving to the rhythm and beat		4		4		4	4
5	DDR						5	
6	Designing and performing own dance						6	
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Unit 7: INLINE SKATING		Standards Addressed:						
Topics Covered		A	B	C	D	E	F	G
1	Introduction/ Expectations- Where do we rollerblade? How do we get our rollerblades? How do we put the rollerblades back?	1	3	2	1	1	1	1

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2	Forward - Toes out; step and glide	2	4	3	2	2	2	2
3	Backward - Toes in; step and glide	3		5	3	3	3	3
4	Stopping: Using your break	4			4	4	4	4
5	Games: 4corners, 6 corners, Gauntlet,						5	
6	Muscles worked: adductors, abductors, an option for cross training						6	
7	Road Rules							
8	Games: 4corners, 6 corners, Gauntlet,							
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Unit 8: VOLLEYBALL

Topics Covered		Standards Addressed:						
		A	B	C	D	E	F	G
1	Introduction/Expectations	2	2	1	1	1	1	1
2	Bumping- groups of 4-5	3	3	3	2	2	2	2
3	Skills: setting, spiking, serving	4	4	4	3	3	3	3
4	Rules:			5	4	4	4	4
5	Modified Games - Close Encounter Setting - Hoop V-Ball						5	
6	Volleyball Conditioning						6	
7	3 vs. 3- 6th Grade							
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Unit 9:

Topics Covered		Standards Addressed:						
		A	B	C	D	E	F	G
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Unit 10: INVASION

Topics Covered		Standards Addressed:						
		A	B	C	D	E	F	G
1	Capture the Footballs	2	2	1	1	1	1	1
2	Capture the Flag	3	3	3	2	2	2	2
3	Fuzzball	4	4	4	3	4	3	3
4	Fitness Concepts: Target heart rate, pulse check, muscular endurance, agility			5	4		4	4

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Unit 11:		COOPERATIVE CHALLENGES						
		Standards Addressed:						
Topics Covered		A	B	C	D	E	F	G
1	Communication / Problem Solving: River Crossing	3		1	1	1	1	1
2	Non-verbal Communication: Whomp Tag			3	2		2	2
3	Trust: Cargo Net, Impossible Table			5	3		3	3
4	Teamwork: Toxic waste transfer, Meteorite, Helium Stick				4		4	4
5	Energizers: evolution, elbow tag, updown tag,						5	
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Unit 12:		BADMINTON						
		Standards Addressed:						
Topics Covered		A	B	C	D	E	F	G
1	Introductions / Equipment Safety	2	2	1	1	1	1	1
2	Scoring - rally style	3	3	2	2	2	2	2
3	Serving	4	4	3	3	3	3	3
4	Shots: Drop, Clear, Smash			4	4	4	4	4
5	Starting a game			5			5	
6	Ladder Tournament						6	
7	Olympics competition coverage							
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Unit 13:		SOCCER						
		Standards Addressed:						
Topics Covered		A	B	C	D	E	F	G
1	Dribbling: Square Dribble, 1v1	2	2	1	1	1	1	1
2	Shooting: Position of foot and ankle -	3	3	2	2	2	2	2
3	Passing: Monkey in the Middle	4	4	3	3	3	3	3
4	Games: Pee wee League and All-Star League - 4v4 w/ gk			4	4	4	4	4
5	Mini Games: Cone Soccer, Sideline Soccer (both games = high intensity, everybody gets involved)			5			5	
6							6	
7								